

MCDHS

Preventive Service

Program Directory

2/19/15

MCDHS Preventive Unit Mission Statement

The Preventive Services Unit, a division of the Monroe County Department of Human Services, is committed to contracting for the most effective, efficient, and accessible services for families whose children are at risk of placement out of the home. These services are intended to prevent foster care placements, hasten the return home of children already in placement, divert youth from entering the Family Court system, prevent and reduce incidents of child maltreatment and strengthen family life.

MCDHS – PREVENTIVE SERVICES

The Monroe County Department of Human Services has contracts with various community agencies to provide specialized services to families in order to prevent the need for foster care placement, and to decrease incidences of indicated Child Protective cases.

ELIGIBILITY STANDARDS

Families whose children are at risk of foster care placement are eligible for preventive services. Services must be aimed at preserving family functioning so that foster care can be avoided. Preventive Services can be Court Ordered or can be initiated when at least ONE of the following conditions exists:

Health and Safety: A child has been physically or emotionally harmed by a parent or caretaker, other than by accidental means, or the potential for such harm exists.

Child Service Need: A child has special needs for intensive services that cannot be met by a parent or caretaker. These special needs must result from a diagnosed condition that impairs ability or from behavior that results in severe management problems, or is a danger to the child or others.

Parent Service Need: The parent or caretaker's emotional, mental, physical, or financial condition seriously impairs his/her ability to care for the child.

Pregnancy or Birth: An unborn or newborn child is at risk of placement due to mother's inability to perform parental functions.

Parent Unavailability: A parent is hospitalized, imprisoned, deceased, or whereabouts are unknown.

Parent Unwillingness/Refusal: A parent is unwilling to maintain the child in the home or has expressed intention of surrendering the child.

Preventive Services also can be given to children at risk of replacement in foster care and to children who will return home sooner from foster care if the service is provided.

All services are offered without regard to race, creed, national origin, sex, disability, financial or marital status. However, some projects offer specialized services designed for targeted client populations.

REFERRAL PROCESS

Most referrals for service are made by DHS workers who assess whether a family needs additional help to maintain their children at home. Referrals may also come from community sources – medical providers, schools, private individuals, etc. Community based referrals are made through the Monroe County Department of Human Services Preventive Unit at 691 St. Paul Street, 753-5821. The team screens referrals for eligibility and helps to select an appropriate program for each of the family.

PREVENTIVE SERVICE PROGRAMS

GENERAL COUNSELING PROGRAMS

Catholic Family Center (PACT) – Parents and Children Together

The PACT program provides home based counseling for families with child (ren) (birth to age 18) at risk of foster care placement, at risk of re entering foster care or in foster care needing to be re-unified. The goals of the program are to reduce the risk of foster care placement while enhancing parenting skills and keeping the family together in a stable, nurturing environment.

The program provides services to families in Monroe County facing a wide range of challenges including, but not limited to:

- Family violence, physical and/or emotional abuse, and neglect
- Parent-child conflicts
- Housing problems or financial distress
- Alcohol or substance abuse problems
- Mental health problems or serious emotional disturbances
- Delinquency or incarceration
- Death, divorce, or separation of parents

Special needs presented by chronic illness and handicapping conditions

Any other identified issues

The program offers the Incredible Years Parenting Curriculum five times a year, with two evening groups and three day groups being available.

The program works collaboratively with Catholic Family Centers Mental Health Program to complete mental health screenings for children ages 6–18 (who are not in formal mental health or significantly developmentally delayed) as part of the Clinic Health Plus Program. The Screening Program is being used to promote early identification of emotional health issues in children and adolescents. The screening is forwarded to CFC's Mental Health program, to

determine if a more comprehensive assessment for services is being recommended or if there is no further evaluation needed.

The program also works in collaboration with the departments Early Intervention program to complete the Ages and Stages Questionnaire with children, ages 4 months to 5 years, in the PACT program. The ASQ is used to screen children for possible developmental delays. If further evaluation is needed, the social worker aids the family in connecting to the Department of Health's Early Intervention Program.

Hillside Children's Center – Generalist Program

Hillside offers intensive family support to chronic multi-problem, crisis-oriented families where there is a risk of out-of-home placement, where children are already in placement and/or there is a risk of CPS involvement. The program provides family/individual/couple's counseling, case management, referrals, and skill building. Often, the primary focus is on parenting, conflict resolution/anger management, academic support, financial stability, communication skills, advocacy, coordination of services and referrals to acquire concrete needs (ex: food; shelter; housing, health care, employment, mental health or drug evaluation). Interpreter services are made available when needed. Hillside has three specific components to their in-home services: 1) Preventing out of home placements: Here the focus is to provide families with the skills to keep children at home. 2) Reunification: Here the focus is to hasten the reunification of children in placement with their families; and 2) Trauma: The emphasis is on teaching emotional and/or behavioral regulation skills to children while helping the child's environmental resources to become more successful in providing appropriate supports to respond to the child's needs.

Ibero American Action League, Inc. – Family Support Unit Program

The Family Support Unit Program (FSUP) was designed to assist families in providing safe and healthy family environments. The families are assisted to gain access to needed services, to learn how to appropriately manage their children's behaviors, to meet their children's needs and to strengthen their family unit. FSUP utilizes an approach that is family centered with a focus on the children's needs and recognizes the family strengths in which to build upon. The program is staffed with three bilingual and bicultural Caseworkers experienced in serving the Latino community and knowledgeable of the community resources.

The program offers parenting skills training using the Incredible Years Parenting Training (IYPT), a developmentally-based curriculum for parents, teachers, and children designed to promote emotional, social competence, prevent, reduce, and treat behavior and emotional problems in young children and develop strong bonds between parent and child. The IYPT meet for 14 weeks and is offered in the Spanish language.

SPCC – Family Trauma Intervention Program (FTIP)

The Family Trauma Intervention Program (FTIP) is a home and agency-based program that provides a wide array of services for children and families who have experienced trauma. These families have often been directly impacted by domestic violence, have experienced a child fatality, or serious child injury, and have a child or children at risk of foster care placement. The program works to effectively address issues of trauma and/or loss as well as to help parents cope with the challenges of parenthood. FTIP staff is cross-trained in the areas of trauma and domestic violence and is currently the only home-based program that provides domestic violence-specific counseling services to children. Services include, but are not limited to, individual, family and group counseling for both the children as well as adult victims of domestic violence, crisis intervention, case management, Parents As Teachers (parenting education),

referrals and advocacy. The program also provides a comprehensive packet of information about domestic violence, its effects on children, and how to speak to your children about domestic violence.

Villa of Hope General Counseling Program (VHGC)

The General Counseling Program at Villa of Hope provides home-based services to families who have been identified as having children who are at risk of foster care placement or CPS involvement due to unmet parent or child service needs. The program is voluntary and families must want to participate in services. Traditionally these services have included individual and family counseling, parent skill training and education, and casework services. The program is now delivering these services utilizing a strength based process called the Child and Family Team Process (CFT). Individualized plans of care are developed by family and their team which is composed of both formal (paid) supports such as teachers or therapists as well as informal/natural supports such as relatives, neighbors, or clergy. Goals are established based on identified needs and solutions or action steps are based on strengths of the family and team.

Urban League of Rochester – Family Consultant Program (ULFCP)

The Urban League of Rochester's Family Consultant Program provides intensive family counseling for families in which the children are at risk for foster care placement or are already in foster care and need to be re-unified with their biological families. All families are referred by MCDHS and meet requirements for Mandated Preventive Services. Caseworkers use the Strength-Based Approach to case management while providing families with comprehensive, intensive in-home family counseling services, direct intervention/advocacy and problem-solving assistance, crisis/conflict resolution, parenting skills training, home management training and employment skills development for parents, daycare assistance, and other support services and referrals in close

cooperation with MCDHS.. In addition to casework services, as a component of the Family Consultant Program, ULR offers two 14-week series of the Incredible Years evidence-based parenting curriculum for parents of children ages 2 to 8. The program assists parents with increasing their positive communication skills, such as the use of praise and positive feedback while reducing the use of criticism and unnecessary commands. Participants learn through class discuss, role plays and viewing video taped vignettes. The Parent Education Support Group is also offered to the participants of the Family Consultant Program. It is an 8-week series in which each session consists of an educational segment including informational handouts and videos followed by role-plays and group activities with homework assigned for each topic.

SEXUAL ABUSE TREATMENT PROGRAMS

Catholic Family Center – Sexual Abuse Crisis Intervention Program (CFC/CI)

The Sexual Abuse Crisis Intervention Program is an intensive, 6–8 week home based counseling program for families where a child (ren) (up to age 18) has disclosed sex abuse or is showing sexualized behavior. The goals of the program are to: assess the physical and emotional safety of the child (ren), validate the sexual abuse victim for having disclosed, encourage a protective relationship between the non-offending parent and child victim, offer emotional support to siblings of the child victim and provide a complete psychosocial assessment of the family with treatment recommendations. Families are identified by Child Protective Services as being in crisis and services seek to stabilize the family system at the point of upheaval immediately following a child's disclosure of sexual abuse. A minimum of two home visits per week are made throughout the course of services. All staff are

trained in the Trauma Focused Cognitive Behavior model of treatment. Treatment groups are offered for: child victims, non-offending parents, and others as client needs are identified. Treatment in conjunction with other agency programs such as, anger management, substance abuse and adult sexual abuse survivor groups can be arranged. Educational programs will be provided in the community regarding sexual abuse as requested.

Throughout the course of services, collaboration occurs with local CPS workers, victim advocates, law enforcement and legal departments. Consultation and assessment services are provided to MCDHS staff in cases where there is indication that abuse has occurred, but that does not clearly fit the criteria of ongoing, clinical MCDHS funded sexual abuse treatment. At case termination, treatment recommendations are made and families are linked with ongoing treatment providers as necessary.

Twice a year, the program offers a support group for non-offending parents of children who have been sexually abused.

The program also works in collaboration with the departments Early Intervention program to complete the Ages and Stages Questionnaire with children, ages 4 months to 5 years. The ASQ is used to screen children for possible developmental delays. If further evaluation is needed, the social worker aids the family in connecting to the Department of Health's Early Intervention Program.

The program works collaboratively with Catholic Family Centers Mental Health Program to complete mental health screenings for children ages 6-18 (who are not in formal mental health or significantly developmentally delayed) as part of the Clinic Health Plus Program. The Screening Program is being used to promote early identification of emotional health issues in children and adolescents. The screening is forwarded to CFC's Mental Health program, to determine if a more comprehensive assessment for services is being recommended or if there is no further evaluation needed.

Linden Oaks Specialized Assessment and Treatment Service (LOSATS)

LOSATS is a comprehensive treatment program to address the problem of sexual abuse and sexual behavior problems. We emphasize looking at the 'big picture' and working in a flexible, individualized approach to ensure safety, healing and permanent change. We offer assessments that engage all affected family members and involved helpers, specialized sexual behavior evaluations, individual, family and group therapy with families, children and adults. We also offer consultations to the community, supervision and training of professionals to address sexual abuse.

1. The program's objectives include: Comprehensive interventions to reach out to all members effected by the abuse;
2. Specialized assessment and treatment activities for children, offenders and non-offending adults;
3. A teamwork approach with other helpers to ensure open communication and preservation of family integrity by modeling healthy functioning and clear roles and goals.

Services delivered from Linden Oaks office, 100 Linden Oaks Office Park and The Bivona Child Advocacy Center, 275 Lake Avenue, Rochester, NY.

Call 585-586-6840 for information or referral for private pay or private health insurance.

CRISIS INTERVENTION

Hillside Children's Center – Family Preservation Program (HCFAM)

This is an intensive in-home crisis intervention service for families whose children are at imminent risk of placement. The goal of Family Preservation is

to defuse the crisis, strengthen the family by developing coping skills and communication skills, improve parenting skills and to assist families in developing and accessing natural and community based resources to meet their needs. The Family Preservation Social Worker meets with the family for up to 10 hours a week for 4 – 6 weeks. MCDHS worker must be willing to stay active with family for duration of service. Contact is made within 24 hours of the referral.

SPCC – Family Trauma Intervention Program (FTIP)

The Family Trauma Intervention Program can provide immediate crisis intervention services to assist children and families who have experienced severe abuse of a child or a child fatality.

PINS, JD, DIVERSION AND PROBATION PROGRAMS

Some programs are designed to divert youth (under age 18 years) from the court system prior to petition. Other programs work with youths who have been Adjudicated PINS or JD. All programs work to prevent placement when the youth has exhibited patterns of truancy, runaway, ungovernable behavior or criminal activity.

Cayuga Home for Children – Functional Family Therapy (FFT)

FFT offers home-based family therapy services to families with at-risk children ages 11 – 18 with priority given to 16 – 18 year olds. This program follows the three phases of the Functional Family Therapy model, which is an outcome-driven prevention/intervention model for youth who present with delinquency, truancy, substance involvement or other acting out, violent or maladaptive behaviors. In phase one, the program will engage and motivate youth and their families by decreasing the intense negativity, blaming and hopelessness. In phase two, the program will reduce and eliminate the problem behaviors and accompanying family relational patterns through individualized behavior change interventions. In the final phase, the program will generalize changes across problem situations by increasing the family's capacity to utilize community resources and engage in relapse prevention. Services are provided by FFT trained and certified therapists and the FFT case manager. Families will be screened by the Family Access and Connection Team (FACT) Facilitators; referrals are forwarded via fax or mail to MCDHS Preventive Unit and FFT Program.

Cayuga Home for Children – Multi Systemic Therapy (MST)

MST offers home based family therapy services to families with anti-social, aggressive children ages 11 – 18 who are at imminent risk of out of home placement. Founded on the principle that connecting with the different “players” (family, school, peers, and community) in a troubled child's life is one of the most effective ways to help a child change his or her problematic behavior, MST works to empower adults in their parenting techniques and to build on family strengths. Family and youth actively participate in all aspects of treatment from the development of the treatment plan to evaluating the effectiveness of the therapist as per established MST protocols. Services are provided by six full-time therapists, all of

whom are trained and certified in the MST model. MST conducts an average of 2 – 4 face to face contacts with each family per week. MST provides on-call services 24 hours/day, 7 days/week and meets with the family in the home at times that are convenient for the family, including nights and weekends. All referrals come to MST through the Probation Department and FACT. Appropriate referrals are for juvenile offenders who are at risk for out of home placement due to chronic behavior problems, violence or substance abuse.

Monroe County Probation – Juvenile Intensive Supervision Program (JISP)

This program is a Family Court ordered condition of Probation Supervision. JISP Probation Officers provide in-home, community-based, intensive services to high risk youth who have been adjudicated Juvenile Delinquent (JD) or Person in Need of Supervision (PINS). Youth served by the program are at significant risk of being placed outside of their home. Risk factors addressed may include gang involvement, weapon possession, drug sales and use, truancy, pregnancy, mental health diagnosis, and sexual offending.

JISP is a county wide program that serves youth between the ages of 10 and 17. Officers have small caseloads to allow for a high level of contact. Services include weekly office visits and home visits, as well as case coordination with community and clinical services. Additional services may include electronic monitoring or GPS monitoring. JISP Officers have been trained in the System of Care Values and Principles, and they utilize motivational interviewing techniques to maximize engagement with youth and caregivers. All referrals are made to the Preventive Unit exclusively by the Probation Department.

Villa of Hope – Juvenile Reporting Center (VHJRC)

JRC engages youth in supervised activities to reduce the need for detention stays and out of home placements for youth. JRC program provides an intensive evening reporting program, community activities and in home counseling for youth 14 –17 years of age. JRC provides continuity, accountability, and responsibility for each youth so that in a very short period of time they may be able to begin to become a thriving member of society. JRC provides transportation to and from the program site and operates five days per week after school. The program is designed from pick up to drop off to have the youth working to explore,

experience and learn alternatives to behaviors that have lead them to the JRC. The program offers school advocacy, Cognitive Behavioral Therapy–“Thinking for a change” (facilitated by the SPO and FACT PO), drug and alcohol awareness, positive social skills, career exploration and recreational activities. The JRC also meets with family parents/guardians regularly to provide them with resources and counseling when necessary. The JRC takes a youth focused and family driven approach to servicing our clients. The JRC program creates and individualized service plan to assist the youth and their families overcome barriers in their lives to become successful. The staff for JRC includes a Program Coordinator, a Senior Probation Officer, a Supervisor, a Senior Counselor, two Counselors and School Liaison/Case Manager. The youth must have a Family Court status of Person In Need of Supervision (PINS) or Juvenile Delinquent (JD) and live in the City of Rochester. Participants are referred by the Alternative Program Review (APR) committee, Family Court or Probation.

ADULT AND TEEN PREGNANCY/ PARENTING PROGRAMS

Mt. Hope Family Center – Parenting Skills Training

The “Incredible Years” Parenting Program is a nationally recognized, award-winning program that has been demonstrated to be effective through rigorous evaluation. It is a 14-session parenting class especially for parents and caregivers of children ages 2 to 8. The curriculum is divided into four focus areas: PLAY, PRAISE AND REWARDS, EFFECTIVE LIMIT SETTING, AND HANDLING MISBEHAVIORS.

The Incredible Years helps parents:

- Increase their children’s social skills
- Help children learn
- Manage children’s behavior
- Prevent behavior problems
- Enjoy time with their children more

Through Incredible Years participation Parents learn how to:

- Set effective limits
- Use praise and rewards for good behavior
- End the cycle of giving negative attention for bad behavior
- Engage children in constructive play

There is a light lunch served and transportation is provided within the City limits.

Average length of service: 14-session group program, offered 4 times per year

Eligibility: Cases have to be managed by MCDHS for the duration of the group.

SPCC Teenage Parent Support System (TAPSS)

Intensive, weekly home-based counseling and case management services are provided to young parents (through their 21st year), and their children who are at risk of foster care placement. TAPSS also provides a weekly parenting group and monthly workshops. These groups are held at SPCC and focus on therapeutic support, parenting education, life skills development, employment skills, child development and socialization. Child care, transportation and snack are provided during group meetings. Strong emphasis is placed on vocational, educational and parenting goals with specific program components to address these issues. Participants are able to benefit from the evidence based Parents as Teachers (PAT) in-home parenting instruction as all the staff are trained and certified in PAT. Eligible families are also encouraged to attend Incredible Years group parenting classes which SPCC has tailored specifically to meet the unique needs of teen parents.

URMC Social Work Preventive Program

The URMC Social Work Preventive Program is a multi-service, comprehensive, home visitor program that is designed to prevent child abuse/neglect, foster care placement, poor birth outcomes, and health and developmental problems for infants and toddlers. In addition, the program covers psychosocial and health care needs of pregnant and parenting adults/adolescents and their children. Services initiate during pregnancy and continue for the first critical two years of the child's life. Services include in-home preparation for childbirth, parenting education, household management, preventive health, domestic violence assessment, family planning, independent living preparation, assistance securing concrete necessities, readiness for employment, transportation, and crisis intervention. Unique to the program is its integration/coordination with the URMC/Highland health care providers serving the client population. The program also has a Parents As Teachers (PAT)

component which is administered through a certified BSW parent educator. There is one bi-lingual full time worker on staff.

OTHER SPECIALIZED PROGRAMS

Catholic Family Center – Families Take Time Program (Failure to Thrive FTT)

Catholic Family Center's Families Take Time program works with families with children -- age's birth through three years -- who have been diagnosed with or are at risk for developing non-organic Failure to Thrive Syndrome. Non-Organic failure to thrive (NFTT) is a diagnosis in children, primarily age birth to three years, who are not gaining weight to the expected standards for their age and gender. NFTT is considered when there is a weight loss or leveling in weight gain in children with no known medical cause or when the medical concerns are not significant enough to be causing the poor weight gain or weight loss.

Catholic Family Center has the only program in Monroe County that provides early home-based intervention to families in which an infant/child has been diagnosed with Pediatric Under nutrition. The program was created with a multi- disciplinary team approach and in the case of pediatric under nutrition, nutritional status is not likely to improve unless psychosocial factors such as: poverty, domestic violence, history of parental sexual abuse, ineffective parenting skills, substance abuse, mental health issues and bonding/attachment concerns are addressed. Services, utilizing a home based model, included in the program are: specialized parenting skills training around attachment and bonding, education on infant care, development and nutrition, use of the Ages and Stages Questionnaire to monitor development, follow up on physicians' orders, weight checks and ongoing observation and assessment of parent and child.

The program works collaboratively with Catholic Family Centers Mental Health Program to complete mental health screenings for children ages 6-18 (who are not in formal mental health or significantly developmentally delayed) as part of the Clinic Health Plus Program. The Screening Program is being used to promote early identification of emotional health issues in children and adolescents. The screening is forwarded to CFC's Mental Health program, to determine if a more comprehensive assessment for services is being recommended or if there is no further evaluation needed.

The program also works in collaboration with the departments Early Intervention program to complete the Ages and Stages Questionnaire with children, ages 4 months to 5 years. The ASQ is used to screen children for possible developmental delays. If further evaluation is needed, the social worker aids the family in connecting to the Department of Health's Early Intervention Program.

Hillside Children's Center – Intensive Family Support Services (HCC–IFSS)

The intent of this program is to prevent placement disruptions by stabilizing the placement and to improve quality of life for the children in foster care and or relative placements. A clinician and a skill builder will assist youngsters to become more successful in regulating their emotions and behaviors in order to achieve permanency. The IFSS service providers will also assist bio families and foster families to strengthen their relationship and together develop the skills necessary to support the youngsters while in placement, and, they will assist families to be linked with necessary resources so families may achieve and sustain stability and permanency for the children.

Lifetime Assistance, Inc. (LAI) Family Support Program for Parents with Developmental Disabilities

Provides intensive support and training to parents with developmental disabilities and their children in their home and community environments. The programs objective is to (1) prevent foster care placements, (2) assist in reunification of families where children are currently in foster care placement, while building and enhancing family and community relationships that promote independence and community integration.

Our Family liaisons will meet with parents and their children a minimum of twice a week, training and teaching them skills in the following areas but not limited too; parenting skills, parental role and responsibilities, child care skills and development, family meal preparation and nutrition, family budgeting, managing household, personal and family expenses, as well as learning how to manage a schedule/routine. Family liaisons work with parents, hands on; providing assistance in attending meetings with other service providers, assisting with grocery shopping when needed, as well as attending healthcare related appointments for themselves and their children. Our primary goal is to support, educate, empower and enrich the lives of the parents and family members we work with, using a proactive and person/family centered, strength based approached.

Monroe County Youth and Family Partnership (MCYFP)

The Youth and Family Partnership (YFP) is a care management program through the Office of Mental Health. This program's primary goal is to prevent youth who have significant emotional and behavioral challenges and are active with multiple systems from being placed outside their homes and away from their families. A second goal is to strengthen families' capacity for caring for their emotionally and behaviorally challenged youth. Enrolled youth must present with behavioral health issues that are beyond the capacity of their caretakers to manage safely and effectively. Their behavioral health conditions may be undiagnosed or newly diagnosed, they are usually involved with more than one system and they must be at risk for child protective services involvement and/or foster care. The YFP Care Manager works in partnership with the family to develop a Child and Family Team comprised of services and supports (natural and informal as well as more traditional providers) that identifies needs and strategies/interventions which "wrap" services/supports around families and thereby reduces the need for out of home placement. This allows for the provision of more effective services that increase the likelihood that the youth can safely remain in the community with his/her family. It also allows the youth and family to develop strategies and supports to meet and manage the youth's behavioral health challenges in order to sustain lasting change, thereby experiencing more successful long term outcomes.

Mt. Hope Family Center – Child–Parent Psychotherapy (MHCPP)

The Child–Parent Psychotherapy Program offers weekly psychotherapy sessions that focus on improving the relationship between parent and child, particularly for those families who have experienced trauma or violence. Sessions including parent and child together are offered in the client's home or at the Center, depending on client need. By fostering positive interactions between parent and child CPP helps both parent and child to form a better understanding of one another and improve their working partnership.

Research has shown that CPP is highly effective in:

- Increasing the child's and parent's self-esteem
- Strengthening the positive connection between parent and child
- Building the parent's sense of competence in their parenting role
- Decreasing the incidence of current and future parent/child conflict

Eligibility: children ages birth through 6 (note: this is not an appropriate treatment for persons with untreated substance abuse, psychosis, cognitive impairment, developmental delays).

Mt. Hope Family Center – Trauma Focus CBT (MHTFCBT)

The Trauma Focus Cognitive Behavioral Therapy Program is a child-focused intervention available to children between the ages of 3 and 16 years who have experienced traumatic events such as family violence, severe maltreatment, family crisis (e.g., death of a family member, fire, etc.). Our research at Mt. Hope Family Center has documented the difficulties that maltreated children develop across a wide range of domains, including changes in their brain functioning, as a result of the trauma that they have experienced. Child focused treatment is essential for children who have experienced trauma, such as abuse or neglect, family violence, long term chaos or instability, death in the family, or other crisis. For children over age 6, this Program applies Cognitive-Behavioral methods of treatment, which have been shown in controlled studies to be effective for improving children's behavioral and emotional functioning. For younger children (ages 3 – 5), the treatment approach is targeted for their developmental level. The Child Therapist works individually with the child on a weekly basis, either at the Center or in school.

This Program focuses on fostering resiliency in children whose families are in crisis, improving social and emotional functioning, learning new coping skills and more adaptive behaviors, in addition to working actively in collaboration between therapist and children to develop positive solutions to children's difficulties. This approach is effective with impulsive or aggressive children as well as those who present as more depressed and withdrawn.

Additionally, Mt Hope provides the following services under the TFCBT program:

-Mt Hope Trauma Focus CBT for sex abuse treatment - This program is child focused and it is designed to address sex abuse.

-Mt Hope AF-CBT – This program addresses concerns about child physical abuse and/or exposure to related circumstances, as well as family aggression and interactions. Therapy is geared toward the parents/caretakers and referred children.

Eligibility: Children ages 3 to 16 (note: this is not likely to benefit children with significant cognitive limitations, children who are psychotic and not maintained on medication, or children who are currently substance abusing and not in treatment). Cases have to be managed by MCDHS for the duration of the Program.

Mt. Hope Family Center – Interpersonal Psychotherapy Program (MHIPT)

The Interpersonal Psychotherapy Program is a 16-week treatment program provided at the Center or in the client's home, based on client need. Interpersonal Psychotherapy (IPT) is based on the idea that the symptoms of depression have many different causes. However, whatever the causes, they are usually associated with something going on in one's personal life, with their relationships and interactions with others.

By participating in this therapy, clients identify and learn how to deal with those personal problems and to understand their relationship to the depression. By helping clients understand their depression and the impact that the symptoms have on their functioning, they will be better able to function in many areas of their lives, including being better able to meet their children's needs. Clients will also be able to use their new skills to prevent depressive episodes in the future. This therapy is offered to adults and adolescents (ages 13 to 19).

The focus of Interpersonal Psychotherapy is:

- To accurately diagnose the depression
- To relieve the symptoms of depression
- To help develop better ideas and resources for dealing with whatever social and interpersonal troubles the client is experiencing in relation to the development of the depression

Eligibility: In diagnosing the depression, clients must meet CES-D depression screening criteria of 16 or greater. Client must acknowledge the need for treatment of depression and be willing to actively participate.(note: this is not an appropriate treatment for persons with significant cognitive limitations, diagnosed as having a psychotic disorder and not maintained on medication, or actively substance abusing and not in treatment). Cases have to be managed by MCDHS for the duration of the program.

Mt. Hope Family Center – PATHS Club

The PATHS Club Program is an after-school program designed to address the needs of both children with past histories of abuse and neglect as well as children who are struggling in school. All of the children in the PATHS Club Program are considered to be at-risk for interpersonal and behavior problems due to maltreatment, neglect, or multiple stressors

associated with poverty. Children are grouped in the PATHS Club Program by similar ages and gender (8 –10 children to a group). Services are provided to children ages 6–11.

The Promoting Alternative Thinking Strategies (PATHS) curriculum is utilized to improve children's emotional and social development. According to the manual for this evidence-based program, a group format is used to learn new lessons, which are designed to be non-threatening, engaging activities that build upon each other in order to help children understand feelings of self and others, as well as problem solving strategies. Children also participate in recreational activities, which allow for practice and generalization of what they have learned during PATHS time. These activities include sports activities, outside playtime and arts and crafts. With the support of a trained adult staff, children can utilize recreation time to develop and explore their natural talents, interact with peers, and have fun. All activities are designed to help children build self-esteem, reach their human potential, learn about others, develop positive relationships with adults, and promote healthy socio emotional development. Mt. Hope Family Center provides transportation to and from the program for each child, as well as a snack. Eligibility: Cases have to be managed by MCDHS for the duration of the program.

Villa of Hope – After Care Program (VHACP)

Villa of Hope has provided services to adolescents transitioning from residential, group home or specialized foster care, back home to their families and communities. These services and expertise have traditionally included individual and family counseling, life skill development, and advocacy and case management services with systems such as schools, mental health, and DHS. In 2009 we began delivering these services utilizing a strength based process called the Child and Family Team Process (CFT). Individualized plans of care are developed by the family and their team which is composed of both formal (paid) supports such as teacher or therapists as well as informal/natural supports such as relatives, neighbors or clergy. Goals are established based on the identified needs and solutions (known as action steps) are based on the strengths of the family and team. The Program serves adolescents, ages 12–20 and their families, when they return home from placement.